

Present Perfect Continuous – Complete Lesson

1. Usage

Present Perfect Continuous is used for actions that started in the past and are still continuing, or have a visible result now.

- 1 I have been working for 2 hours.
- 2 She has been studying all day.
- 3 They have been waiting for you.
- 4 He has been running since morning.
- 5 We have been learning English.
- 6 I have been reading this book.
- 7 She has been talking on the phone.
- 8 They have been building a house.
- 9 He has been driving for hours.
- 10 We have been practicing a lot.

2. Structure

Subject + have/has + been + verb + -ing

- 1 I have been working
- 2 You have been studying
- 3 They have been playing
- 4 He has been working
- 5 She has been reading
- 6 It has been raining

3. Negative Sentences

Subject + have/has not + been + verb + -ing

- 1 I have not been working.
- 2 She has not been sleeping.
- 3 They have not been watching TV.
- 4 He has not been studying.
- 5 We have not been listening.
- 6 I haven't been eating well.
- 7 She hasn't been calling me.
- 8 They haven't been trying.
- 9 He hasn't been coming.
- 10 We haven't been practicing.

4. Questions

Have/Has + subject + been + verb + -ing?

- 1 Have you been working?
- 2 Has she been reading?
- 3 Have they been waiting?
- 4 Has he been studying?
- 5 Have we been learning?

- 6 Have you been practicing?
- 7 Has she been calling?
- 8 Have they been trying?
- 9 Has he been coming?
- 10 Have we been improving?

5. Common Time Expressions

- 1 for
- 2 since
- 3 all day
- 4 all week
- 5 recently
- 6 lately
- 7 so far
- 8 for a long time

6. More Examples

- 1 I have been working on this project for weeks.
- 2 She has been improving her English.
- 3 They have been living here for years.
- 4 He has been feeling tired lately.
- 5 We have been trying to solve the problem.
- 6 I have been waiting for you since morning.
- 7 She has been preparing for the exam.
- 8 They have been discussing the issue.
- 9 He has been working late every day.
- 10 We have been building something new.

7. Practice

- 1 I ____ (work) for 2 hours.
- 2 She ____ (study) all day.
- 3 They ____ (wait) for you.
- 4 He ____ (run) since morning.
- 5 We ____ (learn) English.
- 6 I ____ (read) this book.
- 7 She ____ (talk) on the phone.
- 8 They ____ (build) a house.
- 9 He ____ (drive) for hours.
- 10 We ____ (practice) a lot.